

Leading with Health in Mind - The Worksheet

HOW DO YOU DEFINE HEALTH?

7 Realms of Health are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Broader definition of Health:

How do you define Wellness?

What is Quality of Life to you?

What's the opportunity for Parks and Recreation to focus on health?

Mental Health -

Social Connectedness -

Physical Health -

WAYS TO LEAD, PLAN & PROGRAM with INTENTION:

Simple and Low-Cost Options that might work in my agency:

Actions I can take today to LEAD WITH HEALTH IN MIND:

